

The Kitchen of Love

Cookbook Volume 1

*Bring
compassion & devotion
to your table*



**Sri Chaitanya Saraswat
Seva Ashram**

SEVAASHRAM.COM

Celebrating

Santa Cruz



The Kitchen of Love Cookbook - Volume 1 is a collective effort to reflect the selfless devotional service of the Beautiful People - the devotees and Servitors of Sri Sri Guru Gauranga Gandharvika Giridhari and spiritual guides in our sampradaya (spiritual lineage).



The Kitchen of Love Cookbook Volume 1

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Auspicious Invitation: Be our guest at The Kitchen of Love.

Join us for a free feast celebrating compassion and devotion every Sunday, starting at 11:30 am. All are welcome. 2900 North Rodeo Gulch Road, Soquel, CA 95073 (831) 462-4712

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Our Dedication

The Kitchen of Love Cookbook - Volume 1 is dedicated to great personalities who dedicate their lives to promoting a higher spiritual consciousness by offering food prepared with compassion, devotion and unparalleled flavor.

Their love and shelter move our hearts to distribute not only food, but also to share their affectionate guidance and perfect teachings, which satiate the deepest hunger for a higher spiritual taste. By clicking on their photos the reader will be guided to more information. May this offering please all the sincere seekers.

TO OUR MASTER CHEFS & SPIRITUAL GUIDES



Śrīla Bhakti Rakṣak Śrīdhara
Dev-Goswāmī Mahārāja



Śrīla Bhakti Sundar Govinda
Dev-Goswāmī Mahārāja

Our Dedication

TO OUR MASTER CHEFS & SPIRITUAL GUIDES

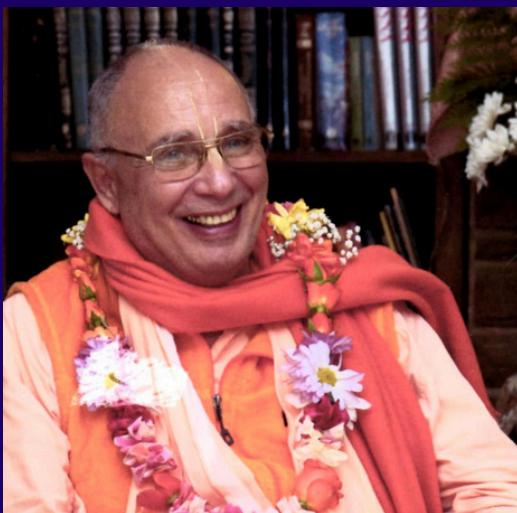
Śrīla Bhakti Pavan
Janardan Mahārāj

The community and visitors of the Kitchen of Love at the Seva Ashram have the fortunate guidance and shelter of Srila Bhakti Pavan Janardan Maharaj.

He is praised for a lifetime of selfless service distributing the teachings of Bhakti Yoga to sincere seekers all over the world especially in India, the United States and Mexico.

Srila Janardam Maharaj shares the mood of His Divine spiritual guides in open online classes for international audiences and in person at the Seva Ashram's weekly Sunday feast.

He is a renowned food critic, devotional culinary teacher and a great friend for those who are searching for a superior taste.



Our Inspiration

Srimati Sureshswari Devi Dasi

हरे कृष्ण हरे कृष्ण
कृष्ण कृष्ण हरे हरे
हरे राम हरे राम
राम राम हरे हरे

The Mahamantra in Sanskrit:

“Hare Krishna Hare Krishna
Krishna Krishna Hare Hare,
Hare Rama Hare Rama
Rama Rama Hare Hare”



Long-time dedicated servitor to a trinity of Spiritual Guides: Srila Bhaktivedanta Swami Prabhupada, Srila Bhakti Raksak Sridhar Maharaj and Srila Bhakti Sundar Govinda Maharaj, **Srimati Sureshswari Devi Dasi** was famous for her cooking and non-stop prasadam distribution.

Her travel lunches and banana bread graced and saved many a person. She personified The Kitchen of Love and influenced many chefs who now follow in her generous footsteps.

You will find a few of her famous recipes in this book but her favorite recipe was for a successful and joyful life: “**Chant the Mahamantra and be happy.**”

She will be delighted if you join The Kitchen of Love as a fellow cook in your own home or in person at a Sunday feast!

Our Thank You

Thanks to all devotees who volunteered at VEGFEST and supported the creation of The Kitchen of Love Cookbook - Volume 1, especially:



Sri Sanatani Devi Dasi & Seva Ashram cooks

For her endless strength in service of the highest standard and incomparable welcoming heart, which nourishes all the cooks at The Kitchen of Love.

For her lotus hands which prepared, together with the loviest group of devotees, thousands of laddus served during the Santa Cruz VEGFEST 2024.



Sripad Hasyapryia Prabhu & Sri Swarnangii Devi Dasi

For their example of steady commitment in fulfilling the desires of our Spiritual Guides.

For their constant encouragement in providing and supporting volunteering initiatives at the Seva Ashram.

For their generous sponsorship and sharing their enticing recipes.

To you, who is transforming your home into
The Kitchen of Love.



Preface



Santa Cruz VEGFEST 2024 reaffirmed what we already know: our world is brimming with individuals who seek compassion, harmony and a deep connection to our environment and each other. The event was a vibrant celebration that surprised our guests with a profusion of delightful flavors, each packed with nourishment and enriched with higher ideals that bind us together as a progressive community.

The Kitchen of Love Cookbook - Volume 1 is a testament to our shared journey toward compassion and unity. This cookbook encapsulates the ancient practices of Meditation, Ahimsa (non-violence), Bhakti (devotion), Seva (volunteer service) and Prema (divine love) into wonderful cooking experiences that delight your taste buds and soul alike.

Explore an array of exotic vegan recipes that will transport you to The Kitchen of Love, where cooking is a meditation. Immerse yourself more deeply in this culinary journey with a recommended mantra radio playlist that will enhance your peace and serenity.

Crafted by a dedicated group of chefs, cooks, educators, monks, artists, and volunteers from the Sri Chaitanya Saraswat Seva Ashram - a Bhakti Yoga Center serving the Santa Cruz/Soquel community with free experiences to elevate consciousness - this cookbook aims to inspire compassion and devotion at your table.

But the experience doesn't end there. Join us at The Kitchen of Love's world-renowned Sunday Feast, held every week at 2900 North Rodeo Gulch Road in Soquel, CA starting at 11:30 am. Immerse yourself in Bhakti Yoga, discover self-realization, savor amazing food, and connect with inspiring souls.

We look forward to welcoming you in person to this transformative journey of love and nourishment. See you there!

Mantra Cooking Soundrack

Bhakti Lalita Devi

223 monthly listeners



- 1 Nama Sankirtan - Bhakti Lalita Devi, Jiv Jago
- 2 Sri Namastakam 8 - Bhakti Lalita Devi, Jiv Jago

Bhakti Lalita Devi · Top tracks

PREVIEW



Cooking at The Kitchen of Love is a meditation process of transforming material elements (bhoga) into a loving and delicious offering with spiritual qualities and benefits (prasadam).

The secret ingredient at The Kitchen of the Love is the cooks' awareness and consciousness as they craft their beautiful recipes. They listen to mantras as a soundtrack to awaken a devotional mood.

We are happy to share our beloved friend Sri Bhakti Lalita Devi's Spotify channel. Click on this page to listen to the beautiful mantras she performs while you are cooking the recipes in this cookbook!



The Nourishing Meditation

Bhakti Yoga is considered one of the most accessible and encouraging yogas as it offers beautiful and touching practices that connect us all independently of our situation.

It will allow you to learn about your essence, sing, dance, pray, belong, thrive and return your energy to an all-giving community. Each one of these 'normal' acts is considered a meditation or spiritual connection in Bhakti Yoga when they are performed with divine consciousness.



We all have unique individual talents and preferences so it is not surprising that each heart is captured by a different element of Bhakti Yoga. However, of all the uplifting meditations there is one that is unanimously appreciated by all Bhakti Yoga practitioners: Prasadam Seva.

Simply put, Prasadam Seva meditation consists of tasting delicious vegan and vegetarian meals that were prepared with compassion and love and offered to the Lord with special prayers.

The selfless acts of cooking and tasting Prasadam purify and sanctify the food, giving it nourishing benefits for body and soul.



যোগে যোগী পায় যাহা ভোগে আজ হবে তাহা
হরি বলি খাও সবে ভাই ।
কৃষ্ণের প্রসাদ-অন্ন ত্রিজগৎ করে ধন্য
ত্রিপুরারি নাচে অয়হা পাই’’ ॥৩॥

yoge yogi paya yaha bhoge aja habe taha
hari bali’ khao sabe bhai
krsnera prasada-anna trijagata kare dhanya
tripurari nache yaha pai’ [3]

“Today we will attain (spiritual and purifying benefits) by eating what yogis attain through yoga. Brothers! Chant ‘Hari’ and eat! Sri Krishna’s Prasadam makes the three worlds fortunate, and Lord Siva dances upon receiving it. ” - Srila Bhakti Vinod Thakur

The Joy of Prasadam

The devotional song "Sri Bhoga Arati Giti," penned by Srila Bhakti Vinod Thakur in the Bengali language, beautifully captures the delight and significance of partaking in this sanctified food called Prasadam. It joyfully recounts the divine pastimes Sri Krishna and His young friends had with Prasadam 5000 years ago! It fills the hearts of children and guests with laughter and joy when it's sung at the Sunday Feast.

Sri Bhoga Arati Giti

"bel ha'lo, damodara, isa ekhana bhoga-mandire vasi' karaha bhojana" [2]
"It's time! Damodar! Come now! Sit down in the dining hall and eat."

*nandera nirdee vaise giri-vara-dhari
baladeva-saha sakha vaise sari sari [3]*

At Nanda's request, Krishna, Baladeva, and Their friends sit down in lines.

*luchi chini sarapuri laddu rasvali
bhojana karena krishna ha'ye kutuhali [7]*

Sweet puris, puris filled with cream, sweet balls, dal patties boiled with sugared rice—Krishna eagerly eats all these preparations.

*radhikara pakka anna vividha vyañjana
parama anande krishna karena bhojana [8]*

With great joy Krishna eats various vegetable preparations cooked by Radhika.

*chhale-bale laddu khay sri-madhumangala
bagala bajayj ara deya haribolo [9]*

By hook or by crook, Madhumangal eats the sweet balls.
He slaps his armpits and calls out, 'Haribol!'

*radhikadi gane heri' nayanera kone
tpta ha'ye khaya krishna yasoda-bhavane [10]*

Glancing at Radhika and Her friends out of the corners of His eyes, Krishna happily eats in Yasoda's home.

*yasomat-ajña peye dhanistha anita
sri-krishna-prasada radha bhuñje haye prita [15]*

Being requested by Yasoda, Dhanistha brings Sri Krishna's remnants to Radha, who eats them joyfully.

*lalitadi sakhi-gana avasesa paya
mane mane sukhe radha-krishna-guna gaya [16]*

Lalita Devi and her friends then receive Radha's remnants and joyfully sing the glories of Radha-Krishna within their hearts.

Haribolo,
Haribolo!



RECIPES

A blurred yellow taxi cab is shown in motion at night. The background features out-of-focus city lights and a large, brightly lit billboard or advertisement. The overall scene is dynamic and urban.

Auspicious Invocation

yajña-śiṣṭāśinaḥ santo muchyante sarva-kilbiṣaiḥ
bhuñjate te tv agham pāpā ye pachanty ātma-
kāraṇāt
(Śrīmad Bhagavad-gītā: 3.13)

“One who cooks for the Lord and offers one’s
cooking to the Lord is freed from all reactions by
honoring the remnants of that offering as the Lord’s
transcendental mercy (prasādam).”

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APPETIZERS



SAMOSAS



Cook's notes:

As you prepare these delectable samosas, I invite you to infuse each fold with love and gratitude. Consider the journey of each ingredient, from the earth to your kitchen, and acknowledge the divine presence in every step. By offering these samosas as prasadam, you not only nourish your body but also elevate your spirit, connecting with the divine in every bite. Pair them with our tangy chutney for a burst of flavor that complements the sacred essence of your meal.

SAMOSAS



Appetizer

Preparation time: 2 hours

Level: Medium

Cooking time: 45 minutes

Crisp, golden pastry encasing a fragrant blend of potatoes, peas, and spices. Each bite delivers a burst of flavor, marrying the earthiness of vegetables with the warmth of garam masala. With a perfect balance of crispiness and wholesome filling, these samosas are a must-have for any culinary impressive's repertoire.

You'll need:

Filling:

- 1 cauliflower
- 2 cups frozen peas
- 4 tbsp olive oil or ghee
- 1 tbsp cumin seeds
- 1 tsp chilies
- 1 tsp asafoetida (hing)
- 1 tbsp cinnamon
- 1 tbsp garam masala
- 1/4 cup lemon juice
- 1 1/2 tsp salt
- 1/2 tsp pepper

Dough:

- 2 cups (250 g) all-purpose flour
- 1 tsp salt 1/3 cup (100 ml) + 1 tbsp cold water
- 4 tbsp vegetable oil



How To Make:

Filling:

- 1** Use a wok or a large frying pan. Create a great flavor with a perfect masala (spice mix). Heat the oil and add cumin seeds. When the mix is lightly brown, add the chilies. Wait 30 seconds.
- 2** Add hing (asafoetida) immediately and add chopped cauliflower and peas. Sprinkle cinnamon, garam masala, salt, pepper, and lemon juice.
- 3** Cover for ten minutes. Remove cover. Use a potato masher to mash cauliflower and peas into a dark brown paste. Reserve it.

Dough:

- 4** Whisk the flour and salt together in a bowl. Pour in the cold water and oil, then whisk it until the flour has absorbed the liquid.

- 5** Mix the dough bits together with your hands, then transfer to a working surface.
- 6** Knead for 3-4 minutes until a smooth and soft dough forms (but avoid overworking).
- 7** Finally, form the dough into two balls, wrap each tightly in cling film and refrigerate for one hour.

Samosa:

- 8** Roll a golf ball sized piece of dough into a circle. Cut it in half. Fold half into a triangle and seal outer edge with water.
- 9** Fill the dough pocket with cauliflower paste. Seal final edge of dough with water. Fold over for a decorative edge. Deep fry in oil for eight to ten minutes.

EGGPLANT PAKORA



Appetizer

Time: 30 minutes

Level: Easy

Savor the rich flavors of fried eggplant pakora, a beloved vegan delight in Indian cuisine. Enjoy crispy chickpea flour batter infused with aromatic spices, enveloping tender eggplant slices. Each bite offers a harmonious blend of earthy sweetness and subtle warmth, a true taste of India's vibrant culinary heritage.

You'll need:

- 1 or 2 eggplants
- 1 cup besan flour (chickpea flour)
- $\frac{2}{3}$ cup water or add as required
- 1 pinch asafoetida (hing)
- $\frac{1}{4}$ teaspoon turmeric powder (ground turmeric)
- $\frac{1}{4}$ teaspoon red chili powder or cayenne pepper or paprika
- $\frac{1}{2}$ teaspoon Coriander Powder (ground coriander)
- $\frac{1}{2}$ teaspoon cumin powder (ground cumin)
- 1 pinch baking soda – optional
- salt as required
- oil for deep frying, as required

How To Make:

- 1** Begin your sacred journey by combining the aromatic dry ingredients in a mixing bowl with a whisk, infusing each motion with mindfulness and intention.
- 2** Add $\frac{2}{3}$ cup of water or as required to make a medium-consistency batter.
- 3** Whisk to a smooth batter without lumps.
- 4** Dip each slice of eggplant into the batter, coating it with love and devotion.
- 5** Fry the pakoras in oil over medium heat until they achieve a beautiful golden brown hue.



Cook's notes:

As you prepare to savor the culmination of your culinary efforts, consider offering this divine creation to the source of all existence. By dedicating your meal to the divine, you imbue it with a sacred energy that transcends mere sustenance. Serve it warm with a side of chutney (see recipe).

MINT CHUTNEY



Appetizer

Time: 35 minutes

Level: Easy

Elevate your meals with our vibrant Mint Chutney! Bursting with fresh cilantro, cooling mint, and a blend of spices, this zesty condiment adds a burst of flavor to any dish. Crunchy peanuts and creamy coconut create a delightful texture, while tangy tamarind and fiery green chillies awaken your taste buds. Perfect as a dip or accompaniment to your favorite snacks.

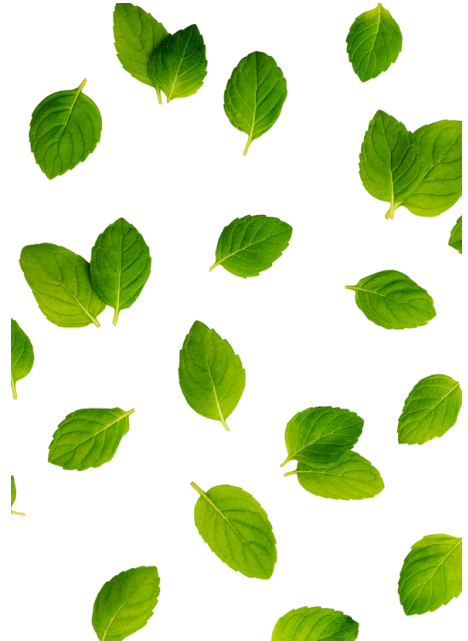


You'll need:

- ½ cup of cilantro leaves
- 1 cup of mint leaves
- ¼ cup of peanuts (or other nuts)
- ¼ cup of grated coconut
- 1 tsp ginger
- 3 green chillies
- 1 tsp tamarind
- ½ cup water
- ½ tsp salt

How To Make:

- 1** In a blender, combine the cilantro, mint, ginger, peanuts, green chillies, tamarind, coconut, and salt.
- 2** Blend the ingredients together until they form a fragrant and vibrant green paste, bursting with fresh herbal aromas and nutty undertones.
- 3** Gradually add water as needed to achieve a thick yet spreadable consistency, ensuring that the chutney retains its bold flavors and smooth texture.
- 4** Once blended to perfection, transfer the chutney to a serving bowl and garnish with a sprig of fresh mint or cilantro for an extra pop of color and flavor.
- 5** Serve alongside your favorite Indian dishes or as a zesty dip for crispy snacks, and enjoy the burst of freshness and flavor with every bite.



Cook's notes:

Before indulging in the rich and refreshing flavors of mint chutney, take a moment to offer it to the divine presence that resides within and around you. By honoring the divine through your cooking, you invite blessings and grace into your life.

TAMARIND CHUTNEY



Appetizer

Time: 35 minutes

Level: Easy

Elevate your meals with our vibrant Mint Chutney! Bursting with fresh cilantro, cooling mint, and a blend of spices, this zesty condiment adds a burst of flavor to any dish. Crunchy peanuts and creamy coconut create a delightful texture, while tangy tamarind and fiery green chillies awaken your taste buds. Perfect as a dip or accompaniment to your favorite snacks.

How To Make:

You'll need:

- 1** In a blender, combine the cilantro, mint, ginger, peanuts, green chillies, tamarind, coconut, and salt.
- 2** Blend the ingredients together until they form a fragrant and vibrant green paste, bursting with fresh herbal aromas and nutty undertones.
- 3** Gradually add water as needed to achieve a thick yet spreadable consistency, ensuring that the chutney retains its bold flavors and smooth texture.
- 4** Once blended to perfection, transfer the chutney to a serving bowl and garnish with a sprig of fresh mint or cilantro for an extra pop of color and flavor.
- 5** Serve alongside your favorite Indian dishes or as a zesty dip for crispy snacks, and enjoy the burst of freshness and flavor with every bite.

- 4 cups of water
- 1 block of seedless preserved tamarind
- 4 tablespoon cumin seed
- 3 1/4 cups of sugar
- 3/4 tsp salt
- 1/4 tsp asafoetida (hing)
- 1 1/2 tsp cayenne



Cook's notes:

The act of offering food to the divine transforms it into prasadam, a blessed gift from the divine. Before you enjoy the exotic flavor of tamarind chutney, remember to offer it with love and gratitude to the center of creation.

RICE





POHA

POHA



Rice

Time: 25 minutes

Level: Easy



Poha, a traditional Indian dish cherished for its comforting texture and soul-nourishing flavors, invites you on a journey of culinary delight. Made from flattened rice, poha offers a light and fluffy texture that effortlessly absorbs the essence of the spices and vegetables it's paired with. In this divine recipe, the humble poha takes center stage alongside an array of vibrant ingredients, including potatoes, tomatoes, peas, carrots, and peanuts, all lovingly sautéed in aromatic spices.

You'll need:

- 1 cup poha
- 1 medium sized potato-peeled and chopped
- 1 1/2 cup pureed tomatoes
- 1 tablespoon peas
- 1 small carrot, peeled and chopped
- 1 stalk celery chopped
- 1 tbsp peanuts
- 1 tbsp grated ginger
- 2 whole red chilies
- 1 whole green chili
- 1 tsp cumin
- A sprig of curry leaves
- 1/2 tsp turmeric
- 1/2 tsp red chili powder
- 1 tsp salt
- 1/4 tsp asafoetida (hing)
- 2 tbsp oil
- Chopped coriander leaves
- ½ lemon juice

How To Make :

- 1** Begin by washing and soaking the poha in a strainer, allowing it to soften as it sits.
- 2** In a pan warmed over medium heat, heat the oil and sauté the vegetables and peanuts one by one. Add the asafoetida and cumin seeds, allowing them to crackle and release their heavenly aroma.
- 3** Introduce the whole red chilies and grated ginger, stirring until the ginger changes color and fills the air with its tantalizing fragrance.
- 4** Sprinkle in the turmeric powder, curry leaves, red chili powder, green chili, pureed tomatoes, and salt, covering the pan and allowing the flavors to meld until the vegetables are halfway cooked.
- 5** Gently add the soaked poha, along with the vegetables and peanuts, mixing everything together with devotion and care.

POHA



Rice

Time: 25 minutes

Level: Easy



How To Make :

- 6** Lower the heat, cover the pan, and let the ingredients simmer for two minutes, allowing the poha to absorb the divine essence of the spices and vegetables.
- 7** Uncover the pan, sprinkle some chaat masala for an extra burst of flavor, and turn off the heat.
- 8** Finally, garnish the dish with freshly chopped coriander leaves and a generous squeeze of lemon juice, infusing the poha with a refreshing and citrusy brightness.



Cook's notes:

With gratitude and reverence, serve this exquisite poha as a sacred offering to the divine, and relish in the nourishing flavors that uplift both body and spirit.





ENTREES

TVPerfect Kofta



Cook's notes:

Take a moment to pause and offer the TVPerfect Kofta to the divine presence within and around you. By sharing your food with the source of all life, you invite abundance and blessings into your home.

TVPerfect Kofta



Entree

Level: medium

Preparation time: 30 minutes

Cooking time: 1h30 minutes

Indulge in the magic of Indian flavors as they work their enchantment on even the most challenging of ingredients, like TVP. Let the aromatic spices and vibrant herbs transform your soy protein experience from mundane to magnificent with our TVPerfect Kofta. Embrace the culinary adventure as this dish not only rescues but also elevates the humble soy protein, creating a culinary masterpiece that's sure to leave you craving more.

You'll need:

- 2 cups TVP (Textured Vegetable Protein)
- 1/4 cup chopped cilantro and mint, for a burst of freshness
- 1 tsp cumin powder, adding a dash of warmth
- 1 tsp salt, to elevate the flavors
- 1 tsp coriander powder, for a hint of earthiness
- 1 tsp asafoetida (hing), for that extra kick
- 1 tsp black pepper, for a spicy twist
- 1 tsp chopped ginger, adding zing
- 1 tsp crushed chili (optional), for those who like it hot
- 2 tsp corn starch, for binding
- 1/4 cup flour, for texture
- 3 tomatoes, blended into a luscious sauce
- 1 tsp sugar, to balance the flavors
- 1 tsp chili powder, for a fiery kick
- 2 tbsp water, for consistency
- 1 bay leaf, for depth of flavor
- Oil for frying, for that crispy perfection

How To Make :

- 1** Dive into the world of TVP by soaking it in hot water with salt for 5 minutes, allowing it to plump up with flavor.
- 2** Drain the water and mix the TVP with chopped cilantro and mint, asafoetida, chili, black pepper, salt, corn starch, coriander powder, cumin powder, ginger, and flour.
- 3** Roll the mixture into round balls.
- 4** Fry the kofta balls in oil until they achieve a golden brown perfection.

Tomato sauce:

- 5** Heat oil in a pot over medium-high heat and add chili powder, blended tomatoes, sugar, a pinch of salt, and a bay leaf.
- 6** Cook until the tomatoes soften, then add water and simmer for an additional 2 minutes.
- 7** Add the fried kofta balls to the tomato sauce and simmer for 10 minutes. Once done, garnish with fresh cilantro for a finishing touch of flavor.

Fried Tofu with Spicy Tahini Sauce

Entree



Level: Easy

Preparation time: 10 minutes

Cooking time: 20 minutes

This exquisite dish combines the wholesome goodness of tofu with a tantalizing blend of spices, herbs, and fresh ingredients. The tofu, renowned for its versatility and nutritional benefits, is fried to golden perfection, offering a satisfying crunch with every bite. Paired with the creamy and spicy tahini sauce, infused with the zing of lemon, the warmth of ginger, and the kick of green chilli, each mouthful is a symphony of flavors that delights the senses and nourishes the body.

You'll need:

- Block of tofu, halved lengthways and triangled or in cubes.
- Organic sunflower oil for frying.
- 3 inch knob of ginger, grated, squeeze out the juice.
- 2 T Tamari.
- Pinch of sugar.
- Sea salt to taste.
- For the Garnish
- Cayenne pepper
- Black pepper, coarsely ground
- Half green pepper, finely slivered

For the Sauce

- 4 T light Tahini.
- 1/2 green pepper, grated.
- 1 green chilli, finely chopped.
- 1/2 lemon, juiced.



Fried Tofu with Spicy Tahini Sauce

Entree



Level: Easy

Time: Preparation time 10 minutes. Cooking 20 minutes.

All you will have to do:

- 1** In a frying pan, heat the oil until shimmering. Gently fry the tofu pieces until they attain a light golden brown hue. Drain them well on absorbent paper, allowing excess oil to be released.
- 2** In a bowl, combine all the sauce ingredients with care, blending them into a harmonious union of flavors and textures.
- 3** With tender hands, gently place the fried tofu triangles into the sauce, ensuring each one is lovingly coated in the spicy tahini goodness.
- 4** Arrange the tofu triangles on a serving plate with grace and intention, creating a visual feast for the eyes. Sprinkle with cayenne pepper and coarsely ground black pepper for a touch of warmth and depth.
- 5** Garnish with slivers of green pepper, symbolizing the abundance and vitality of nature.



Cook's notes:

As you are about to partake in this culinary delight, consider offering it as a loving offer to the divine. In return, you will receive the blessings of prasadam, filling your heart with clarity and contentment.

Serve this divine creation as a snack or alongside a green salad, couscous, or as a filling for sandwiches. This nourishing dish is child-friendly but also a delightful offering to all who partake in its flavorful embrace.

Green Bean Curry



Entree

Level: Easy

Time: Preparation time 10 minutes. Cooking 10 minutes.

You'll need:

- 8 oz Green Beans
- 3 Tbsp oil
- ½ tsp cumin seeds
- ½ tsp ginger
- ½ tsp chilli powder
- ½ tsp garam masala
- ½ tsp hing
- 4 or 5 curry leaves
- ½ tsp Salt
- 1 potato cut into cubes
- 1 tomato blended
- ¼ cup water



All you will have to do:

- 1** Embrace the warmth of the pan with a splash of oil.
- 2** Infuse the air with the aromatic dance of curry leaves, cumin seeds, ginger, chili powder, asafoetida, and garam masala. Let them sizzle and mingle for a minute.
- 3** Introduce the green beans and potato to the flavorful symphony. Saute them until they're golden and fragrant, then sprinkle with salt and add water. Let them simmer for 10 minutes, allowing the flavors to meld and mingle.
- 4** As the anticipation builds, add the blended tomato, letting it swirl and blend with the other ingredients. Cook for another 5 minutes until the beans and potatoes are tender and infused with rich flavors.
- 5** Complete this divine creation with a sprinkle of fresh cilantro, adding a final touch of freshness and vibrancy to your culinary masterpiece.

Cook's notes:

By offering the Green Bean Curry to the divine before bringing it to your table, you not only nourish your body but also uplift your spirit. Let each bite be a reminder of the sacred connection between food and spirituality. You can serve green beans curry with rice or noodles.

Hare Rajma!



Hare Rajma!



Entree

Level: Easy

Preparation time: 10 minutes

Cooking time: 40 minutes

Rajma, a beloved dish in Indian cuisine, is a flavorful blend of tender kidney beans in a rich tomato gravy infused with aromatic spices like turmeric and cumin. Beyond its cultural significance, Rajma is a nutritional powerhouse, offering protein, fiber, and essential vitamins.

You'll need:

- 1 cup dry kidney beans (rajma)
- 2 cups pureed tomatoes
- 1 tbsp grated ginger
- 1 whole green chili
- 2 whole dried red chilies
- 1/4 tsp turmeric
- 1/2 tsp red chili powder
- 1 1/2 tsp coriander powder
- 3/4 tsp roasted cumin powder



- 3/4 tsp garam masala
- 1/2 tsp cumin seeds
- 1 bay leaf
- 1 sprig curry leaves
- 1 big cardamom
- 2 cloves
- 1 star anise and mace
- 1/2 tsp salt

How To Make :

- 1** Start by soaking 1 cup of rajma in fresh water for 8 hours. Drain and rinse the rajma before transferring them to a pressure cooker or insta pot. With a touch of magic, let them cook until soft, releasing a heavenly aroma that fills the air.
- 2** In a pan, heat oil to medium and watch as the spices come alive, crackling and dancing in the heat. Bay leaf, hing, cumin seeds, ginger, curry leaves, dried red chilies, star anise, mace, big cardamom, and cloves join together in a symphony of flavors.
- 3** Add the powdered spices and green chili, infusing the air with warmth and spice. Pour in the pureed tomatoes and cook until the oil separates, signaling the creation of an unforgettable sauce.
- 4** Now, add the cooked rajma, stirring gently as they become one with the rich sauce. A touch of water and salt to taste, and let them simmer, allowing the flavors to meld and mingle.
- 5** As the aroma of Rajma fills the kitchen, garnish with freshly chopped coriander leaves and a sprinkle of lemon juice, adding a final flourish of freshness and zest.

Cook's notes:

Remember to offer it to the divine with a pure heart and sincere devotion. As a result, you will receive the blessings of prasadam, enriching your life in countless ways.

DESSERTS



Phenomenal Chickpea Chocolate Fudge Laddu



Many ways Laddus.

Phenomenal Chickpea Chocolate Fudge (Laddu)

Desserts



Time: 30 minutes

Level: Easy

Or for the intimate - Laddu. Santa Cruz VEGFEST's lucky attendees were treated to a taste of heaven with this Besan Laddu – a delightful Indian dessert that sneaks in tons of protein in the most delicious and nutty flavor way possible!

You'll need:

- 1 cup Besan (chickpea flour)
- 1 cup coconut oil
- 1/2 cup powdered sugar
- 1/2 cup 100% cocoa powder
- Optional: 1 tsp cardamom powder
- 1/4 cup coconut flakes



How To Make:

- 1** Step into the kitchen and let the magic begin! Start by gently warming the coconut oil on low heat – not too hot, just warm enough to add that extra flavor and act as the binding agent for our delectable laddus.
- 2** Next, sift the besan (chickpea flour) and add it to the warm oil. Mix them together like the best of friends and keep the heat on low-medium. Now, get ready for the aroma of nutty goodness as you roast this mixture for about 10-15 minutes until it's perfectly cooked.
- 3** Once it's done, turn off the flame and let the mixture cool down from hot to warm. This is your chance to add the cocoa and powdered sugar – mix it all in with love and watch the magic unfold. Feeling fancy? Toss in some almonds, raisins, coconut flakes, or cardamom powder for an extra burst of flavor!
- 4** Now comes the fun part – shaping your laddus! Roll them into adorable little balls or pour the mixture into a baking tray and cut it up when firm. At VEGFEST, we even poured them into baking cups resting on a tray. It was therapeutic to give the tray a few bangs on the table - and it also help them to set at that perfect shape.
- 5** Pop your creations into the fridge to chill until serving time – trust us, the anticipation is worth it!

Cook's notes:

Before you take that first heavenly bite, offer your laddu to the divine, recognizing the source of all nourishment and sustenance. With each bite, invite the transform



Vegan Kheer (Indian Rice Pudding)

Vegan Kheer (Indian Rice Pudding)

Desserts



Time: 1h15 minutes

Level: Easy

Surrender to the romantic allure of Vegan Kheer, a heavenly rendition of the traditional Indian rice pudding that's celebrated in grand festivals across the vibrant landscape of the sacred country.

You'll need:

- ½ cup basmati rice
- 6 cups oat milk (can substitute one cup of the oat milk with vegan condensed milk or vegan heavy whipping cream or single oat cream for a richer consistency).
- ½ cup sugar (can use date syrup, maple syrup, agave nectar, stevia or erythritol).



- ½ teaspoon ground cardamom
- 2 tablespoons sliced almonds (optional).
Can use pumpkin seeds instead).
- 2 tablespoons raisins
- ½ teaspoon vanilla extract
- A generous pinch saffron

How To Make:

- 1** Dive into the culinary-spiritual journey by soaking the rice in a bowl of water, allowing it to absorb the essence of romance for an hour. Strain gently, preserving the precious starch that will weave its magic into the pudding.
- 2** Flavors dance like a beautiful mantra while you combine the soaked rice with oat milk in a large saucepan, simmering gently until the rice grains embrace the tenderness. Stirring lovingly, infuse the sweetness of sugar into the mixture, coaxing it to thicken and embrace its creamy destiny.
- 3** As the fragrance of cardamom fills the air, adorn the kheer with jewels of almonds and raisins, making it whisper tales of divine love (Prema) and devotion (Bhakti). With a delicate touch, infuse the saffron into the concoction, allowing its golden hues to splash some golden notes on the creamy canvas.
- 4** Finish this romantic declaration with a flourish of vanilla extract, stirring gently to blend flavors and textures. As the kheer stands at room temperature, let time weave its magic, intensifying the allure of saffron and cardamom.

Cook's notes:

In the spirit of Bhakti Yoga, offer the Vegan Kheer to the divine with love and reverence. By offering your food with the center of energy, you invite blessings and grace into every aspect of your being. Honour this divine creation by tasting it chilled or at room temperature, letting each spoonful transport you to a realm of godly romance and culinary bliss.

KIDS



Chilla-rious Chickpea Pancake Party



Chilla-rious Chickpea Pancake Party



Kids

Preparation time: 10 minutes

Cooking time: 30 minutes

Welcome to our kitchen, where young chefs reign supreme and culinary creativity knows no bounds! Today, we're diving into the delightful world of Besan Chilla, affectionately known as Chickpea Pancakes. This recipe, crafted by kids for kids, promises a whirlwind of flavor and fun in every bite. Of course, grown-ups are welcome to join in the excitement and savor the tasty results once it's done and offered.

You'll need:

- 1 cup chickpea flour garbanzo bean flour, or besan (gram flour)
- 1 ½ cups water
- ¾ teaspoon salt
- ¼ teaspoon turmeric
- ¼ teaspoon cayenne
- ¼ teaspoon carom seeds ajwain or cumin seeds
- ¼ cup packed chopped cilantro
- 1 to 2 tablespoons + 1 teaspoon safflower oil divided
- Optional addition:
 - ½ cup shredded zucchini or other vegetables optional

How To Make :

- 1** Let's get started! In a big bowl, mix the chickpea flour with 3/4 cup water until it's super smooth. Then, add in another 1/2 to 3/4 cup water to make it nice and thin. (If you're using besan, you won't need as much water.)
- 2** Now, it's time to add some flavor! Sprinkle in the salt, turmeric, cayenne, carom seeds, and cilantro. Don't forget a teaspoon of oil for extra yumminess. If you're feeling adventurous, toss in some shredded zucchini or veggies too. Let the batter sit for 5 minutes while we get the skillet ready.
- 3** Add the powdered spices and green chili, infusing the air with warmth and spice. Pour in the pureed tomatoes and cook until the oil separates, signaling the creation of an unforgettable sauce.
- 4** Heat up the skillet on medium and add a few drops of oil. We'll use a paper towel to spread it around. Now, pour a ladleful of batter onto the skillet and spread it out into a pancake. Watch as it sizzles and cooks to a golden brown.
- 5** When the edges start to lift and the bottom is nice and crispy, it's time to flip! Cook for a few more minutes until both sides are golden and delicious. Repeat until we've made a stack of tasty pancakes.

Cook's notes:

Invite the mini-chefs to finish their cooking with an enlightening and brief meditation ritual. "Take a moment and think about their favorite things in nature and offer the energy of the meal to benefit all of them". With this simple step, your meal will be super special and full of love! Enjoy your Chickpea Pancakes hot off the skillet, with ketchup, chutneys, or any toppings you like. For an extra treat, stuff them with roasted veggies or potatoes. Let's dig in and savor every bite of our scrumptious creation!

A close-up photograph of several mango popsicles. The popsicles are made of alternating layers of bright orange mango and white dragon fruit (cactus pear) with visible black seeds. They are resting on a bed of crushed ice. In the background, a small woven bowl contains more mango and green herbs. The text "Mango Magic Popsicles" is overlaid in a bold, black, sans-serif font on the right side of the image.

Mango Magic Popsicles

Mango Magic Popsicles



Kids

Preparation time: 10 minutes

Freezing time: 3 hours

Get ready for a tropical treat straight from the heart of India, where mangoes ripen to perfection during the sun-soaked summer days! Introducing Vegan Mango Lassi Popsicles – the coolest way to beat the heat and refresh your soul.

You'll need:

- 2 cups ripe mango, diced
- 1 cup lite coconut milk
- 3 medjool dates, pitted
- 10 raw cashews, soaked for 2-3 hours if not using a powerful blender
- 1/4 tsp vanilla extract
- Chia seeds to decorate



How To Make :

- 1** In a burst of mango madness, combine all the heavenly ingredients into a blender and let the magic unfold. Blend until the mixture transforms into a smooth and creamy concoction that's as dreamy as a summer breeze.
- 2** Now, pour this mango lassi masterpiece into popsicle molds, filling each one with the sweet essence of mango bliss. With eager anticipation, place the molds in the freezer and let time work its icy enchantment.
- 3** Add the powdered spices and green chili, infusing the air with warmth and spice. Pour in the pureed tomatoes and cook until the oil separates, signaling the creation of an unforgettable sauce.

Cook's notes:

Once frozen to perfection, it's time to offer the mango magic to the center of magic! Before you dig into this yummy creation, why not offer it to someone super special - like your favorite superhero? By sharing your meal with someone you admire, you'll make it extra magical and delicious!

Grab your popsicles, savoring each cool and creamy bite as it melts away the summer heat. Let these divine delights transport you to a world of pure refreshment and joy. Cheers to mango lassi popsicles – a sweet taste of summer that's sure to make your heart sing!



PETS

Gauranga's Treats

Indulge your furry friend in the delicious and nourishing Gauranga and Haribol Doggie Treats, crafted with love and care using wholesome vegan ingredients that render a golden colour like sweet potatoes and turmeric. These treats offer a holistic approach to your pet's well-being, pleasing their taste buds, and providing both physical and spiritual benefits.

The Vedic literature clarifies that just as humans have a spiritual journey, animals too have souls and can experience the uplifting power of prasadam. The ancient texts share stories of Sri Gauranga, also known as the Golden Avatar, whose divine love (Prema) radiated throughout the jungle, blessing all creatures in his path around 539 years ago in India.

*“Just like electricity,
the finest current of the
Holy Name of Kṛṣṇa
entered into the hearts
of all the animals, and
their souls were
aroused. And when
their souls were
awakened, then they
began to chant “Kṛṣṇa!
Kṛṣṇa!”*



Art by: Sri Enaksi Devi Dasi

Through these treats, may your precious companion enjoy good health and continue their spiritual journey with divine love, mercy and grace.

GAURANGA'S TREATS



Pets

Time: 35 minutes

You'll need:

- 1 cup cooked and mashed sweet potato
- 2 cups oat flour (made from ground oats)
- 1 teaspoon turmeric powder
- 1 tablespoon coconut oil
- Water, as needed

Level: Easy

Cook's notes:

Before offering these treats to your pup, take a moment to express gratitude for their presence in your life and the joy they bring. With each crunchy bite, may your beloved companion feel cherished and loved.



All you will have to do:

- 1** Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2** In a large mixing bowl, combine the mashed sweet potato, oat flour, turmeric powder, and coconut oil.
- 3** Mix the ingredients together until well combined. If the dough seems too dry, add a splash of water to help bind it together.
- 4** Once the dough is formed, roll it out on a lightly floured surface to about 1/4 inch thickness.
- 5** Use cookie cutters to cut out shapes from the dough and place them onto the prepared baking sheet.
- 6** Bake the cookies in the preheated oven for 20-25 minutes, or until they are golden brown and firm to the touch.
- 7** When baked, remove the cookies from the oven and let them cool completely on a wire rack.
- 8** Cool it off, store the Gauranga Treats in an airtight container at room temperature for up to one week, or in the refrigerator for longer freshness.

“Haribol, Haribol!”

This puppy-prep is inspired by Banoffee, the adorable dog cover of this chapter, who resides in the Seva Ashram and eagerly awaits the prasadam from The Kitchen of Love.



Banoffee faithfully attends the morning Arotik, a sacred worship ceremony honoring our Spiritual Guide Srila Govinda Maharaj at his temple.

Amidst the joyful rituals, Banoffee joins in by howling when the devotees chant the mantra “Haribol, Haribol.”



*“Haribol, Haribol,” which means:
“Chant the Holy Names like Gauranga!”*

HARIBOL DOGGIE SORBET



Pets

Time: 15 min to prep - 4 hours to set **Level:** Easy

You'll need:

- 2 ripe bananas, peeled and sliced.
- ½ tablespoon of turmeric powder.
- 1/2 cup coconut milk (make sure it's unsweetened and preferably without added preservatives).
- 1 tablespoon natural unsweetened peanut butter (make sure it doesn't contain xylitol, which is toxic to dogs).
- ½ cup frozen blueberries (optional).

How To Make :

- 1** In a blender, combine the sliced bananas, frozen blueberries, coconut milk, turmeric and peanut butter.
- 2** Blend on high until smooth and creamy, adding a splash of water if needed to help blend.
- 3** Once blended to your desired consistency, pour the mixture into ice cube trays or silicone molds.
- 4** Place the trays or molds in the freezer and let the sorbet freeze for at least 4 hours or until solid.
- 5** When ready to serve, remove the sorbet from the freezer and let it sit at room temperature for a few minutes to soften slightly.
- 6** Serve a scoop (or cube) or two to your furry friend as a refreshing and healthy treat on a hot day!



Cook's notes:

Before serving this delightful sorbet to your pup, offer the preparation in a moment of gratitude to the divine for the companionship and joy they bring into your life. Serve it while chanting "Haribol, Haribol". With each lick, may your furry friend experience the cool refreshment of this vegan sorbet and all its beautiful spiritual benefits to your pup's soul.

WELCOME TO

The Kitchen of Love



Come Visit the Kitchen of Love



The Kitchen of Love is the heart of Sri Chaitanya Saraswat Seva Ashram, a community center for the practice of Bhakti Yoga, the yoga of divine love and devotion.

When you visit the Santa Cruz Seva Ashram at 2900 North Rodeo Gulch Road you will be embraced by natural beauty. Nestled into the foothills of the Santa Cruz mountains, the Ashram is home to a vast array of flora and fauna including deer and cotton tail rabbits.

As for birds, you may see red-tail hawks, owls, quail, starlings, swallows, blue jays and several varieties of hummingbirds.



We have a fruit orchard, two Eucalyptus groves and plenty of Live Oak, Aspen, Redwood and Willow trees.

On a clear day, follow the Via Govinda hill-crest trail for a breathtaking view of the Monterey Bay.





Even more striking than the natural environment is the rich cultural heritage of our devotional lifestyle. The caring way of devotional life practiced here daily originates in India in the holy land of Navadwip on the banks of the sacred Ganges river.

Life at Sri Chaitanya Saraswat Seva Ashram centers around a full scale daily temple program. Morning, noon and evening devotional programs include arati and kirtan worship of Deities of Sri Sri Guru Gauranga

Gandharvika Giridhari (Sri Guru, Sri Chaitanya Mahaprabhu, Sri Radha and Sri Krishna) accompanied by song and dance.



Open morning and evening classes are offered on the renowned scriptures Srimad Bhagavad-Gita and Sri Chaitanya Charitamrta following the direction and teachings of our Spiritual Guides, Srila Govinda Maharaj and Srila Sridhar Maharaj.

Our members and visitors are affectionate spiritual people dedicated to a lifetime of devotional service, or Bhakti Yoga. The lifestyle is open to all, independent of other religious, cultural and social identities.

Our diverse and multilingual community includes monks, students, immigrants, workers and families who find common ground in Bhakti Yoga. We find purpose, happiness and fulfillment in this lifestyle.



Your place to experience Bhakti Yoga and self-realization

All activities at the Seva Ashram are free of charge and open to all. Throughout the week, devotional programs provide convenient times to gather and experience Bhakti Yoga activities like spiritual and philosophical classes, live kirtan, congregational chanting and volunteering, as well as to build the friendships and communal bonds that nourish and sustain one's growth in devotional life.

Festivals throughout the year draw large-scale community attendance. They celebrate the appearance and disappearance days of our Spiritual Guides and incarnations of Sri Krishna. Volunteers help with hanging decorations, stringing flowers and of course food preparation and clean-up in The Kitchen of Love.

Volunteers are also welcome for public outreach programs, periodic job-specific work days, seasonal group projects, children's services and community fundraising efforts. All are welcome.

You Are Our Guest



Every Sunday at 11:30 a.m. our community members and their families convene at the Seva Ashram for hari-nama-sankirtan, the congregational chanting of mantras.

Srila Janardan Maharaj and other distinguished speakers share Sri Chaitanya Mahaprabhu's sublime teachings about Bhakti Yoga. All are welcome.

Weekly Bhakti Yoga Family Experience

The happy practices of Bhakti Yoga can be experienced by all ages. Kids have at the Sunday Feast have their own chance to explore deep philosophical and spiritual concepts in the most playful ways by making art, playing, cooking, tasting special meals, exploring the natural beauties of the Ashram and expressing their hearts while making meaningful friendships. All are welcome.





Cooking and art classes are so much fun!
We hope to see your family having fun here with us!

Come Taste an Amazing Feast

We invite you to join us every Sunday at 11:30 a.m. for the Sunday Feast, an uplifting gathering that culminates in a wonderful multi-course feast of vegan and vegetarian dishes, served free to everyone in attendance.



Our Beautiful Cooks



Our cooks are famed throughout the world for preparing incredible feasts of vegan and vegetarian dishes with compassion, love and devotion that burst with unforgettable flavors.



Our Beautiful Cooks





We can't wait to have
you tasting the recipes of
this cookbook, here, in
The Kitchen of Love.

Continue your Bhakti Yoga journey

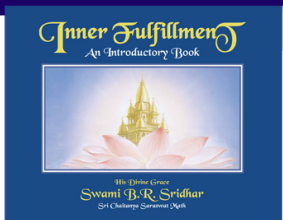


Compiled here is an introduction collection of [freely downloadable e-books](#) published by Sri Chaitanya Saraswat Math . Click on the title and dive deep into the Bhakti Yoga world of compassion, devotion and love.



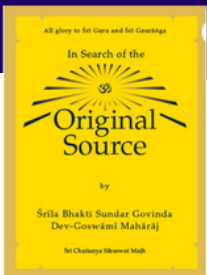
Home Comfort

Home Comfort is compiled from informal talks of Srila Bhakti Raksak Sridhar Dev-Goswami Maharaj. It covers the most essential topics of the rare and valuable human form of life and its purpose. Srila Sridhar Maharaj calls one and all to remember that their true home is in the sweet land of spiritual nourishment and that that happy home life is available to all sincere seekers of spiritual truth.



Inner Fulfillment

The need for every one of us in this world is to solve the real problem of suffering caused by our existence in this mortal world. The solution is well-known to those special souls who are truly acquainted with the eternal spiritual realm, and they are able to impart that to others. Inner Fulfillment is an introduction to these secrets by the modern day saint, Srila Bhakti Raksak Sridhar Dev-Goswami Maharaj.



In Search of the Original Source

Srila Govinda Maharaj is renowned for his clear and practical explanation of the goal of life and the process to achieve it. His preaching style is exemplified in this transcription of a lecture given in Mexico in 1997 during his 9th World Tour. In this lecture Srila Govinda Maharaj gives much reason, inspiration, and guidance for all seekers on their search for the Original Source.

Continue your Bhakti Yoga journey

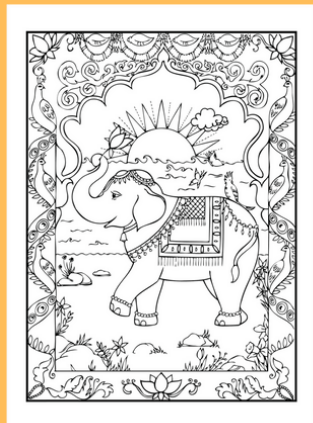
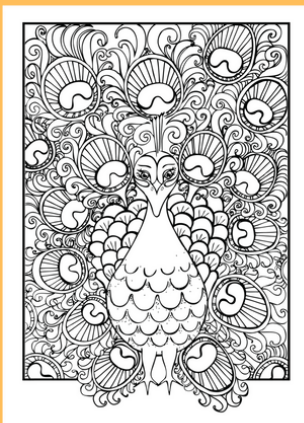
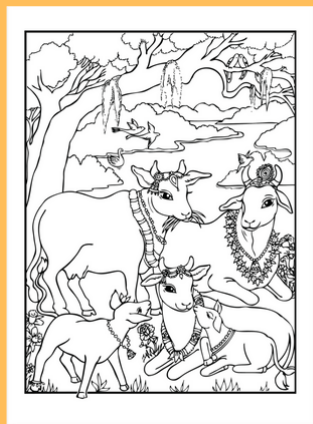
FOR
KIDS!



Compassion, non-violence, devotion, spirituality can be fun and colorful!

Click on the image below to download for free The Land of Nectar -

A delightful colouring book suitable for children of all ages.





Continue your Bhakti Yoga journey online



[SevaAshram.com](http://www.SevaAshram.com)



Om means “Yes”.
Always, wherever we cast our glance to search, in one word the answer is yes. “Yes, what you are searching for, is. You are searching for happiness, pleasure, joy, fulfilment. You are in want, and in one word—yes—fulfilment is there.”

Follow us online to dive deep into Bhakti Yoga concepts, practices, free experiences, recipes and events!

www.SevaAshram.com



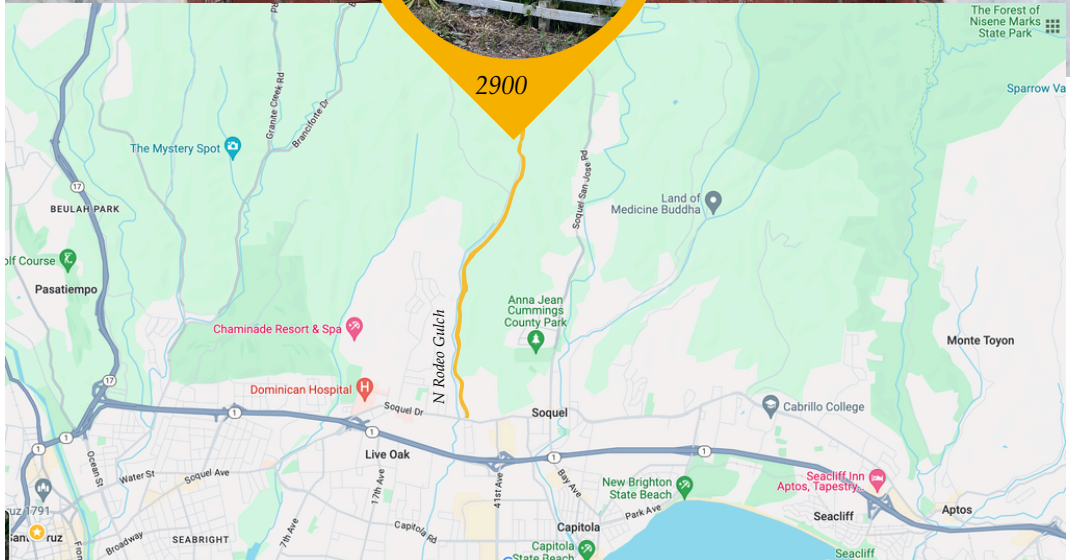
**You are our guest at
The Kitchen of Love**

**Free Sunday Feast
starting 11:30 AM
All are welcome!**

2900 N Rodeo Gulch Rd, Soquel

SevaAshram.com

VISIT US AT THE SEVA ASHRAM



2900 N Rodeo Gulch, Soquel, CA 95073

"The perfect apple, if it is ripe, I will eat it. But why would not share it with a neighbor or friend ? I do it. I am happy, and you'll be happy! Chant Hare Krishna maha-mantra and be happy!"

Srila Bhakti Sundar Govinda Dev-Goswami Maharaj

